

FALL 2018

# Member News

West Vancouver Field Hockey Club  
"The Home of North Shore Field Hockey"

## A focus on schools



We just kicked off the 3<sup>rd</sup> year of our popular Schools Program! From November to February, we partner with North Shore Elementary schools to run free "Intro to Field Hockey" sessions for students in grade K-4. Last year we visited more than 3000 potential athletes. The sessions offer classes the opportunity to learn about field hockey and its unique skills, and try the challenging and fun game environment. Each student receives a certificate and wristband to take away with information about WVFHC.

*We have a few spaces left for January or February 2019! If you would like us to visit your school please email [info@wvfhc.com](mailto:info@wvfhc.com)*

## In this edition

- Page 2  
What's been happening lately?
- Page 3  
Coaching corner
- Page 4  
News from around the club
- Page 5  
Coming soon
- Page 6  
Join the fun  
Let's stay connected





## What's been happening lately?

### New Website

This Fall we launched our brand-new website! The website offers a fresh new look for our club and is integrated with a new registration system. Head over to [wvfhc.com](http://wvfhc.com) to check it out and stay on top of the latest news and events.

### Field Hockey Canada's Men's Summer Series

In June and July, we hosted Field Hockey Canada's Men's Summer Series at Rutledge Field with a set of games featuring the Canadian Men's National Team and teams from Pakistan and China. Our youngest players walked the teams out and volunteered as ball kids – and our older members enjoyed the beer garden we set up for the last game! We were also particularly excited to create links with the North Shore Chinese community who provided volunteers, translation and very enthusiastic supporters!

### Community Day

This June, we were excited to be part of the Community Day parade in West Vancouver. Around 50 members of all ages dressed up, walked and handed out candy, stickers and flyers. We are so proud to be part of the North Shore community!

### A Dialogue on Sport

On 15 October we partnered with West Vancouver Football Club to host an evening of dialogue about sport with Mayoral and Council candidates for West Vancouver. This provided our members with a chance to meet, learn, and ask questions about the future of sport in our community.

### Thank You Kiwanis Club of West Vancouver!

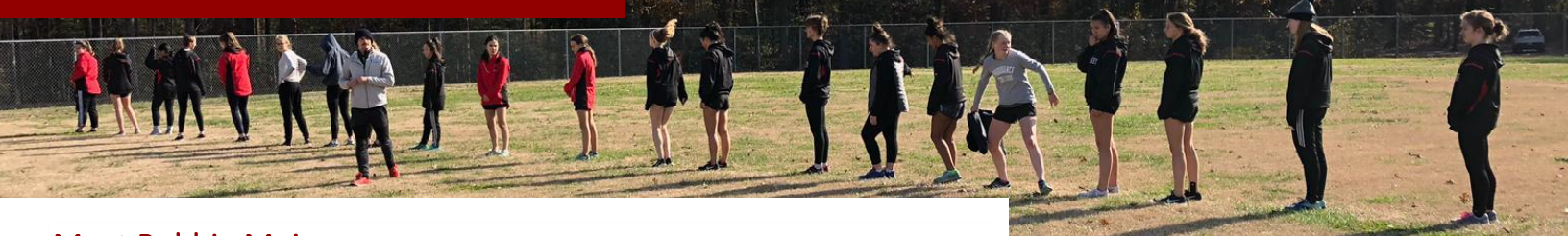
*We introduced Hockey 5s to over 180 of our junior players this Fall. Played with boards on pitches that are half or quarter size, Hockey 5s is an explosive short format that encourages speed and skill development.*

*We are grateful for the financial contribution made by the Kiwanis Club of West Vancouver that allowed us to provide Hockey 5 shirts to all players.*





## Coaching corner



### Meet Robbie Muir

Robbie has coached at WVFHC since early 2017 and currently coaches High Performance, Hockey 5's and Women's League. He got into coaching because he wanted to give back to the sport that gave him so much in his life.

*"My favourite part of coaching is when hard work and sacrifice in the team environment pays off for the team. And seeing athletes achieve targets that they would never think was possible. Just the minute of joy you get to experience from their reactions is always worth the thousands of hours of having to push them as hard as you do"*

### Meet Melissa Vogl

Melissa started coaching for WVFHC as a Junior Coach in grade 8! After returning from university, Mel now coaches for us in our Junior programs. She credits the Junior Coaches she had in Spring League as being the inspiration for her to keep playing and coaching other younger athletes.

*"My favourite memory is at the start of one of my own Women's League games when I heard two young girls on the sideline cheering my name. They were two girls from my Hockey 5s session, and they were so excited to see me play and exclaimed, "Woah" as I hit the ball. I knew at that moment how much of an inspiration I could be to the younger players I coach and that was quite powerful"*



### Coaching Development

WVFHC offers 3 internal coaching courses for our club and parent coaches. These courses are tailored to give coaches a very focused clinic with immediate impact on their on-field coaching. Clinics offer tactical and technical learning opportunities that align with our Long-Term Athlete Development pathway. For more info head to **Coaching** on wvfhc.com

### Coaching Opportunities

As the largest field hockey club in North America we have year-round coaching opportunities at all levels. Opportunities currently open include our Winter indoor programs in January & February (Grade K-12) and Spring League (Grade K-12) which runs from April – June. All interested coaches should email our Technical Director, Geoff Matthews at [geoff@wvfhc.com](mailto:geoff@wvfhc.com)



## News from around the club

### Women's Committee

The first half of the 2018-2019 season has gone pretty smoothly with very few cancellations due to weather. This year we rolled out new striped socks for all teams which have been a huge hit and make us look oh-so-fancy! We've reached historic registration numbers this year with 284 registrations which grew us from 8 teams to 9 in the league. Big shout out to our Premier and WV8 ladies as both teams are at the top of their respective divisions! We are always happy to receive feedback, questions or volunteers. Contact: [amy@wvfhc.com](mailto:amy@wvfhc.com)

### Junior Committee

Fall has been busy! We launched a brand-new Hockey 5s program which was the format just used in the 2018 Youth Olympic Games hosted in Buenos Aires – and we are super proud of our very own Ethan McTavish, who competed with the Canadian U18 team. Moving into Winter we will be offering fast-paced Indoor Hockey and Strength & Conditioning with Level 10 Fitness. And, of course, Spring League kicks off in April! The Junior Committee would love a couple of new committee members to help us with this busy schedule. Contact: [isla@wvfhc.com](mailto:isla@wvfhc.com)

### Men's Committee

Building off the success and growth from the past couple seasons, where our Premier "Millionaires" team hoisted back-to-back season & playoff trophies, all three of our competitive teams are hovering around the top of the standings, which bodes well for a push in the 2nd half of the season leading into playoffs. Just as promising is the ever-growing number of juniors who have joined the ranks of our Men's teams, and are well-mentored in our Rec division teams, where they are surrounded by experienced, skilled and wily veterans who set an example both on and off the field. Contact: [chris@wvfhc.com](mailto:chris@wvfhc.com)

### Social Committee

We had a busy fall, hosting a *Club Day* BBQ to kick off the season, a very successful *Red Caribou Classic* fundraiser for the Canadian Men's National Team, and the second annual *Terror Off The Turf* Halloween Party. All events were well-attended, and we're loving the enthusiasm everyone is bringing! We will be enjoying a short winter hibernation before starting work on the Men's and Women's Awards Night in March/ April. We are always looking for volunteers to help out at upcoming events, or ideas for how to improve. Contact: [social@wvfhc.ca](mailto:social@wvfhc.ca)





# Coming soon

## Spring League 2019

Our biggest program is just around the corner! We promise fun, exercise and skills development in a supportive environment for boys and girls grade K-12. The season kicks off in April and runs until June.

- Register by 31 January for girls or by 15 February for boys to make sure that you return to the same team
- Help us get the word out by taking a lawn sign or pinning up a poster at your school. Contact [info@wvfhc.com](mailto:info@wvfhc.com) to request one (or two!)

## Girls Leadership in Sport

We are excited to announce that we will be running a girls leadership in sport course in February 2019. Combining leadership development, skills development, role models, and mentoring, the project will aim to create female youth leaders within our club. This 4-week program will be open to a maximum of 20 girls age 13-18 years. Stay tuned for more details soon!

## Golden Oldies 2019

We are hosting the Golden Oldies tournament at Rutledge and Ambleside in September 2019. Attracting ~800 players from across the world, this tournament combines hockey with social activities and events. We will be kicking off planning next month and are looking for volunteers to help us. If you can spare us some time, email [info@wvfhc.com](mailto:info@wvfhc.com).

## Alumni News

Did you know that we have an alumni membership for those of you who no longer play but want to stay in touch? Check out all the details under Alumni on [wvfhc.com](http://wvfhc.com).

The Canadian Men's Field Hockey Endowment Fund was set up following the 1988 Calgary Winter Games. For 28 years it has funded projects for boys and men's field hockey – including our Boys Showcase this past May. They are seeking to connect with alumni & build donations to the fund. Visit [fieldhockey.ca](http://fieldhockey.ca) for more info.

**2018 AGM**  
**3 December at 7:00 pm**

Oak Room,  
Delbrook Community  
Recreation Centre,  
851 W Queens Road,  
North Vancouver

***We hope to see you there!***



## Join the fun!

WVFHC is run by volunteers. Our success relies on volunteers involved in every aspect of running the programs and the organization. We are very thankful to have such committed and amazing people who work with us.

We are always looking for extra help! If you can spare some time, we can find a role for you. Check out **Volunteering** on [wvfhc.com](http://wvfhc.com) to find out more

*Al has played with our Men's League for the last 6 years, encouraging other players and managing the D team.*

*When he is not playing on the turf, you will frequently spot Al down at the field cleaning it: Al has literally put in hundreds of hours cleaning leaves and debris off of the field and the spectator areas, keeping the fields clean & safe.*

*Thank you for everything you do Al!*



Member spotlight:  
meet Al

## Let's stay connected

**info@wvfhc.com**  
**www.wvfhc.com**

*Find us on Facebook, Twitter, Instagram & YouTube under "wvfhc"*

### Staff Contacts

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